

# WHO WHAT WEAR

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## EAT YOUR WAY TO BETTER SKIN

We all know that junk food is bad and fresh vegetables are good—but it turns out that choosing the right fruit, nut, oil, or vegetable over another can actually give you a better complexion. We checked in with three experts for a list of foods you'll want to pile on your plate!

A physician, a dermatologist, and an esthetician walk into a grocery store--what's on their shopping list? We asked Dr. Frank Lipman, physician of integrative and functional medicine (and wellness guru to Gwyneth Paltrow); **board-certified dermatologist Dr. Susan Stuart**; and Joanna Vargas, facialist to Michelle Williams and Emma Stone, for their take. The experts agree: choosing the right foods will actually give you more radiant, clear, and youthful-looking skin. According to Dr. Lipman, replacing foods like dairy, gluten, and sugar with foods on this list can deliver better skin in only two weeks! Vargas has seen the benefits firsthand: "I've seen clients who have had acne their whole lives stop breaking out when they changed their diet," she says. Keep reading for their recommendations. Try adding in a few servings a day to get results.



THE **SELENIUM** IN **WHOLE GRAINS**  
PROMOTES HEALTHY HAIR, SKIN, AND NAILS!

### Quinoa

**Whole grains are superior to refined carbs in many ways--including their impact on skin. Grains like quinoa or 7 or 9-grain bread are high in selenium, an antioxidant that helps control cell damage, according to Dr. Stuart.**

### Wild Salmon, Flax Seeds, Walnuts

"Omega-3s from wild salmon and walnuts help keep skin supple and youthful," says Dr. Lipman. **According to Dr. Stuart these fatty acids--also found in flax seeds and fish oil--help your cells retain moisture.**

### Green Tea

Need a caffeine boost? Replace coffee or soda with tea for its anti-inflammatory benefits. Vargas instructs her clients to drink mate or green tea, both high in antioxidants. Try Kusmi Tea Detox (\$20), a blend of both leaves

### **Avocados, Olive Oil, Almonds**

**“Vitamin E protects skin cells from UV light and other environmental factors that generate cell-damaging free radicals,” says Dr. Stuart. The best sources of E are almonds, olive oil, and avocado**

### **Cucumbers**

It turns out cucumbers are good for more than just de-puffing eyes. “They’re high in silica, a mineral that boosts skin’s moisture and elasticity,” says Vargas.

**Get a healthy dose of vitamin A by choosing orange fruits and veggies: the beta-carotene that gives sweet potatoes, pumpkins, carrots, and cantaloupe their hue is converted into vitamin A by your body. “If you don’t have enough vitamin A in your system, your sebaceous glands can produce excess lipids, causing pimples,” says Dr. Stuart.**